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Bulletin
OF THE
National Tuberculosis Association
Vol. V MAY, 1919 No. 8

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Record Seal Sale to Be Based on State Budgets

National Director and Associates Appointed

It was the consensus of opinion at the Cincinnati conference of tuberculosis secretaries that a six million dollar seal sale would be needed this year. But in order that the national target may be based on accurate figures it is thought desirable that a budget for the nation should be built up. Therefore, a call will be sent out for budgets from all state associations. Budget forms will shortly be prepared and placed in the hands of all state secretaries.

As one of the most important steps in preparing for the campaign, the National Tuberculosis Association has appointed as Campaign Director, Mr. Elmore Leffingwell. Mr. Leffingwell is a newspaper man of more than 19 years' experience and has been identified not only with some of the largest daily and monthly publications in the country, but has had extensive experience in money-raising and other campaigns. He is at present conducting the Salvation Army campaign for $13,000,000. Mr. Leffingwell takes up the conduct of the Red Cross seal campaign with a keen appreciation not only of the financial needs, but of the educational possibilities as well.

As collaborators with Mr. Leffingwell, the National Association has appointed Mr. B. G. Eaves and Mr. J. D. Halliday of the regular staff. Mr. Eaves will serve in the capacity of National Sales Manager and Mr. Halliday as National Publicity Director under the general supervision of Mr. Leffingwell.

Immediate work has been started upon the building of a campaign plan. Every method previously used in the seal sale is being studied for use, with possible revisions, along more intensive lines. New methods will be added, especially those that have proven effective in the larger financial and educational drives of the war. As soon as a campaign plan has been perfected, it will be submitted to the highest authorities for criticism.

A special one-day session on June 18th for state secretaries only will be called at Atlantic City following the annual meeting of the National Association, at which Mr. Leffingwell and his associates will present the plan in detail.

In general the plan to be proposed will develop along the following lines:

1—A broad, general campaign of publicity, taking in the national magazines and larger newspapers throughout the country and directed for the most part from national headquarters.

2—A more intensive campaign of publicity brought down to the state and local associations.

3—An increasingly intensive campaign developed to the highest possible degree of newspaper saturation during the period immediately preceding the campaign.

4—An extensive campaign of education by the spoken and printed word, through motion pictures and otherwise

5—A state and local organization so developed that everybody who can buy even one seal will be approached within a comparatively brief compass of time.

To develop this campaign, the National Tuberculosis Association will employ or make available for the use of state and local associations trained organizers who will be ready to render assistance for periods of three months or less, immediately preceding the actual sale.

The emphasis of the Christmas seal campaign will be educational. The campaign will be looked upon as an opportunity to bring before every man, woman and child in the country his or her individual and community responsibility for the control of tuberculosis.

While the actual design for the seal has not been chosen as we go to press, it will probably be decided before the BULLETIN reaches its readers.

Paper for the manufacture of more than 600,000,000 seals is being prepared and contracts for

(*Continued on page 2*)

Steps Proposed In Preparing Field For Record Sales

1. National publicity campaign, taking in leading magazines and larger newspapers and directed from national headquarters.

2. Intensive publicity campaign radiating from state and local associations.

3. Increasing intensive campaign to develop highest degree of newspaper saturation in period immediately preceding seal sale.

4. Extensive educational campaign by spoken and printed word, through motion-pictures and otherwise.

5. State and local selling organizations so developed that everybody who can buy even one seal will be approached within a comparatively brief compass of time.

To develop this campaign to the highest degree there will be available, in addition to a national campaign director, trained organizers ready to assist state associations in setting up their selling machinery.

Plan Will Be Presented at Annual Meeting

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A. J. Leverton *Office Secretary*

Intensive Drive Planned

(*Continued from page* 1)

printing have been let to two firms, in Scranton, Pa., and Cincinnati, Ohio.

The 1919 campaign will develop the spirit of cooperation right down the line. Every state and local organization will have ample opportunity to come up to concert pitch. Those who have made enviable seal sale records in former years will have a chance to surpass themselves this year. Those who have experienced difficulties in the past will find reinforcements ready on every side. There will be purpose and plan behind each step. Nothing will be left to chance.

Report on Federal Legislation

The following is an abstract of a report of the Committee on Federal Legislation of the National Tuberculosis Association presented at the last meeting of the Board of Directors on March 5th:

Public Health Service. No action was taken on the bill for a Division of Tuberculosis in the Public Health Service. (S. 1597.) On account of crowded legislation, it was not brought up until February 28. Senator King of Utah objected to giving it immediate consideration. This definitely ended the chances to pass the bill this session, but the matter is left in good shape for the next.

The bill for military hospitals in the Public Health Service (H. R. 13,026), was passed by the House carrying an appropriation of $10,500,000. A substitute bill passed the Senate, carrying $7,100,000. From conference the bill emerged, with an appropriation of $9,050,000, and this was passed by both houses.

War Risk Insurance Bureau. On February 17 last the War Risk Insurance Bureau reported that up to that time there had been 2703 examinations for tuberculosis with 627 men under treatment in sanatoria and 350 at home. This is an increase of but 150 examinations during the previous five weeks, and seems hardly to afford ground for the large number of tuberculous patients which it was claimed the War Risk Insurance Bureau would have as a reason for providing hospitals for discharged soldiers as indicated in the bill.

Surgeon General's Office. The educational work in all the army tuberculosis hospitals has been further developed. Reports for month of January show that there were 5073 patients, and 209 instructors. Fifteen hundred and fifty-six individual patients were enrolled in shops, classes, and ward handicrafts.

Since the demobilization of the troops began in November, the following figures show the number of men demobilized, and the number found to have active tuberculosis, according to the Division of Sanitation of the Surgeon General's office.

	Men demobilized	Held with active tuberculosis
November	81,222	53
December	391,814	147
January	312,303	190
	785,339	390

The policy of taking into account not only the welfare of the man but also that of the community was further extended by circular letter No. 107, of the office of the Surgeon General, dated February 26, 1919, which provided that on the discharge of any soldier having any disease required to be reported to the health authorities in the state to which he was going, a sealed report should be sent to the board of health of that state.

Circular letter No. 41, issued by the office of the Surgeon General on January 21, 1919, calls the attention of medical officers to the policy of retaining under military control, for the purpose of treatment, enlisted and drafted men suffering from disease or disability. Tuberculosis is especially mentioned as follows: "Cases of tuberculosis should be kept under treatment in military hospitals until the disease is arrested, or until it is ascertained that they are progressive in type or incurable."

New Printed Matter

New editions of the pamphlets, "What You Should Know About Tuberculosis" and "Sleeping and Sitting in the Open Air," are now ready for distribution. These pamphlets contain information in a readily assimilated form, and should be widely and popularly read. Tuberculous patients and all persons and organizations dealing with the tuberculous will find much material in these publications that is pertinent to their needs.

The National Tuberculosis Association will supply "What You Should Know About Tuberculosis" at $20.00 per thousand in lots of 1,000 or over, or in smaller lots at $2.10 per hundred. "Sleeping and Sitting in the Open Air" (49 illustrations) is sold in lots of 1,000 or more at $24,00 per thousand, or at $2.50 per hundred. Carriage is not prepaid.

Additions to Annual Meeting Program

Since the program for the annual meeting of the National Tuberculosis Association in Atlantic City, June 14, 16, 17 was printed in the April Bulletin, the following papers have been added:

Sociological Section: "Rehabilitation of Civilians Disabled by Tuberculosis," Douglas C. McMurtrie, Director, Red Cross Institute for Crippled and Disabled Men, New York.

Clinical Section: "Streptothrix Infection of the Lungs," Dr. H. R. Landis; "Treatment of Tuberculosis by Rest, Exercise and Control," Capt. C. B. Sylvester, U. S. General Hospital No. 17; "The Classification of Larygeal Tuberculosis," Dr. Julius Dworetzky.

Pathological Section: "An Attempt to Classify Tubercle Bacilli," S. A. Petroff and Gilberto Pasquera, Trudeau Sanatorium, Trudeau, New York; "Further Studies on Complement Fixation," S. A. Petroff, Trudeau Sanatorium, Trudeau, New York.

A motion picture on the diagnosis of tuberculosis will also be shown, probably on Monday afternoon, June 16.

On account of the large number of meetings scheduled for Atlantic City in June and the prospects for a crowded condition of hotels that month, tuberculosis workers are urged to make hotel reservations at once.

Modern Health Crusaders Department

June Meeting

The subject for the June meeting is "Temperance; alcohol, tobacco, injurious soft drinks." The frightful clutches with which drugs fasten their habits on children as well as on adults should be depicted. The teacher may find inspiration in DeQuincey's "Confessions of an Opium Eater." With this foundation laid, the dangers of alcoholic drinks, tobacco, tea, coffee and coca cola as particular drugs should be brought out.

On the subject of alcohol, we will furnish to any Crusade master a copy of the pamphlet, "The Effect of Alcoholic Drinks upon the Human Mind and Body," together with a catalog of the temperance posters of the American Issue Publishing Company.

Tobacco in any form is forbidden in the Crusaders' rules because it affects the digestion, the heart and the nervous system, especially in young people, and thus retards normal growth. Even moderate use of tobacco causes shortness of breath, a symptom of faulty heart action. "Tobacco heart" is a well-recognized result of smoking. Children will be interested in the use of tobacco by florists to kill insects on plants, and in the fact that tobacco is always forbidden to athletes in training.

Abstinence from tea and coffee is made a Crusaders' health rule both because of the drug effect and because in many families it replaces the milk needed by children. The Life Extension Institute points out that tea and coffee are stimulants and that the danger must be reckoned with of denying the brain, nervous system and muscles the rest which is their due. The same reasons apply to coca cola, which according to Dr. W. H. Riley contains about the same amount of caffeine as tea and coffee.

Thousands of American children have learned to crave the "kick" of caffeine in one or more of these drinks, and are weakening themselves by depending on a drug with the inevitable reaction. In a health survey in Montana it was found that many children living on ranches where pure, fresh milk could be procured were addicted to the habit of tea and coffee drinking instead. Every Crusade master should be able to defend the faith against attacks of those who advocate the drug drinks.

In *Child Care*, series No. 3, publication No. 30 of the Children Bureau, it is stated that "tea and coffee should be absolutely forbidden to young children." In "Chemistry and Its Relation to Daily Life," a scientific book by Kahlenberg and Hart, it is likewise stated that children should not drink either tea or coffee. Dr. Florence M. Sherman of the New York State Department of Education states "no tea, coffee or beer (for children) at any time. These retard the growth, make a child pale and nervous and affect the heart."

It should be made plain to children that temperance means not only abstinence from injurious drugs, but moderation in eating and drinking those things that are good for us, and in all activities. We eat to add strength to the brain or muscles with which we work or play, but if we overeat we subtract strength, because energy must be taken from other parts of the body to help the stomach do the extra work.

Similarly, moderate exercise strengthens the muscles, helps to eliminate waste and promotes growth; but too much exercise weakens by clogging the muscles with fatigue waste. Many a nervous child helps to make himself puny by playing too long when he should be resting by reading a good book or sleeping longer hours.

Co-operation by Federal Government

The Department of the Interior is giving effective aid to the development of the Crusade in its fortnightly magazine, *National School Service*. Practically every issue carries Modern Health Crusade material in editorial, verse or playlet to the school teachers of the country. Through its organ, *School Life*, the Bureau of Education has spoken a good word for this new method of teaching hygiene.

County demonstration agents of the Department of Agriculture and leaders of farming clubs for boys and girls have recruited Modern Health Crusaders in a number of States.

The Council of National Defense has addressed a letter to the State Councils of Defense, bespeaking their co-operation in promoting the Crusade.

Notes and Pointers

From Evansville, Ind., it is reported that the Crusade is equally popular in city and country, public and parochial, white and colored schools, and that the schools in fashionable residential sections are as enthusiastic as those in factory and tenement districts. It is rumored that even teachers are doing the health chores; and one principal remarked that, if he could judge by the improved appearance of his own corps, he was sure that they were. In one rural school the children are demanding individual soap and towels as well as individual drinking cups.

A mother in Waterloo, Iowa, writes: "One thing I should like to speak about, and that is tea and coffee. The use of these drinks, I knew, was harmful to my children, but since they have been doing the health chores they do not think of drinking tea or coffee."

In Southold, L. I., the teachers have noted a marked improvement in the children, which they ascribe in part to the giving up of tea and coffee. They report that children formerly dull and listless are now attacking their studies with new zest.

A Minneapolis mother says: "My boy used to fight if he had to wash; but now he would fight if he was not allowed to."

A Utah teacher says: "The Crusade has revolutionized not only my pupils, but their families as well."

Miss Alice H. Wilmarth, head of the health department of the Washington State Normal School says that the Crusade has substituted the how of health for the former teaching of the why of hygiene. She also testifies that it has done more to stimulate the children in correct habits of health than any other means with which she is familiar.

New Public Health Course

A special school for graduate nurses wishing to specialize in public health work is now available in Kansas due to the enterprise of the Kansas State Tuberculosis Association.

Twelve nurses already have enrolled for the six weeks training course offered at Bethany College. Those who complete the course will be placed in charge of various districts in the state to look after public health work. One of the first things to be undertaken will be survey of discharged and rejected soldiers. The faculty for the special school is composed of leading public health specialists in the state.

Open Air Schools Prove Value

More than 250 students are being cared for in the seven open-air schools maintained by the Kansas Tuberculosis Association.

As an illustration of what fresh air, good feeding and the attention of a trained nurse and physician will do, the following summary taken from the report of the McCoy Open-Air School is interesting:

Of thirty-five pupils, originally selected as below normal physically, not one lost weight and twenty-seven gained from one and one-half to seven and one-half pounds, an average gain for each being three and two-thirds pounds. Five did not gain weight, but held their own. Twenty-four did not lose a day at school, four were sick with influenza, and two were absent on account of death in the family.

Directory Changes

A. E. Sinks has been appointed executive secretary of the Maryland Association for the Prevention and Relief of Tuberculosis. Mr. Sinks was engaged in tuberculosis work in Wheeling, West Virginia, before serving with the Potomac Division of the American Red Cross, from which organization he comes to his new position.

R. H. Hixson has been chosen as executive secretary of the Florida Anti-Tuberculosis Association.

Suggestions from the Field

This department of the Bulletin is conducted in connection with the Loan Service Bureau of the Publicity Department. It is designed to give valuable suggestions regarding new lines of work or new methods originated or successfully used by tuberculosis associations throughout the country. Tuberculosis workers are invited to send the National Association Bulletin Editor all information suitable for publication in these columns.

Lend a Hand

Believing that the "Suggestions from the Field" pages form a logical link between the new Loan Service Bureau of national headquarters and the field, this department will be edited and conducted by the Loan Service Secretary beginning with this issue of the BULLETIN. These pages will continue to constitute a clearing house for ideas of interest to tuberculosis workers and no new method or "stunt," proved by actual field practice, will be considered too insignificant for printing as a suggestion.

It is hoped to make this department a monthly dose of stimulation. Your suggestions will be of benefit to other workers. You in turn will benefit by theirs.

Lend a hand—and a few definite lines frequently.

Putting Punch in Propaganda

"The Road to Victory!" Few will not take it willingly and eagerly, after reading the illustrated folder, so named, put out by the Wisconsin Anti-Tuberculosis Association. In it Mrs. Maude McCreery tells how she "bucked-up" and won her fight against tuberculosis. It is a personal narrative with "punch."

When the author heard the "sentence" of the physician who first examined her, she rebelled, and, in her own words "was guilty of contempt of court," saying, "I won't serve the sentence. I can't be spared from my work for that length of time." A little later she learned that the world went on beautifully without her. It took the conceit out of her. Later at the sanatorium, a second physician appealed to her fighting spirit. She tells how he said:

"'Buck up. Play the game. Go after the 'cure' as you have after Votes for Women and you'll win in one case just as surely as you will in the other.'"

"It touched the Irish in me, I guess. I took him at his word and stayed right there—in my bath robe and my hair down in a half-inch braid."

"It got to be a joke," says the author, "to have me there. While I gained twenty-five pounds in flesh, I lost nearly that much in lines on my face and other signs of age and discouragement. They paroled me on good behavior. I've been out (sounds just like a jail term, doesn't it?) eighteen months."

Then in the same free, easy and entertaining strain, Mrs. McCreery goes on and tells just how she did it.

Her story is so edifying and educational, and she tells it with so much enthusiasm that after reading it we can't resist directing everyone, patients and workers, to the "Road to Victory."

The Wisconsin Anti-Tuberculosis Association will supply copies on request.

GRAND RAPIDS ARMY OF
Tuberculous Men-Women & Children
GRAND RAPIDS CAN ACCOMODATE THESE FORTY THREE ONLY
MAP OF THE CITY OF GRAND RAPIDS MICH.

WINDOW DISPLAY THAT HELPED WIN SANATORIUM

Grand Rapids Progress

How a systematic campaign can be made to capitalize the cumulative effect of past years of regular educational effort is demonstrated by the progress recently made by the Grand Rapids Anti-Tuberculosis Society.

For many years this society depended for dispensary medical service on the volunteer work of local physicians. In 1917, to ensure more regularity, a small fee was paid. The volume of work soon made a regular paid service imperative, so a systematic campaign was started to induce the city to provide a tuberculosis specialist. This aim was realized in July, 1918, when Dr. William R. Vis was appointed as full-time physician in charge of the city tuberculosis sanatorium and as examiner for the tuberculosis clinic.

On April 7th of this year, the citizens of Grand Rapids crowned another special effort of the society by voting to appropriate $400,000 for a new tuberculosis sanatorium to accommodate 150 patients. Construction is expected to begin in July or August.

An intensive campaign, for which the Federation of Social Agencies appropriated $1,000, was conducted the week previous to election. Nothing was left undone to bring the question before every man and woman voter. All the theaters helped. Every club, church, union and other organization in the city lent their aid. The Sunday before election day Dr. George T. Palmer of Springfield, Ill., told the need for sanatoria in the fight against tuberculosis to a crowded audience in Powers Theater.

A special feature of the campaign was the exhibit prepared by the society and displayed in the windows of the large stores; in one 1150 paper figures of men, women and children arranged on a map of the city showed the number of known tuberculosis cases in 1918, while a comparative map with 43 figures showing the capacity of the present sanatorium graphically presented the need. In another window an appeal for the sanatorium was made by means of a display of posters prepared in a contest conducted in the high schools.

During the past year the volume of work in the dispensary department has practically doubled. A weekly dental clinic has been established and both medical and nursing service provided for the open air schools.

The Modern Health Crusade movement has reached every school in the city, public and parochial, and in the third, fourth and fifth grades has become part of the hygiene lesson.

In the course of last year the Grand Rapids Junior College at the suggestion of the society conducted a successful evening institute course in public health, in which 125 students were enrolled.

A summer camp for twelve undernourished contact cases was conducted and a successful exhibit was shown at the State Fair.

At present the society is making an economic survey by means of a questionnaire submitted to all positive cases. This is done by the nurses as they make their routine calls. A compilation of the reports already received show an expenditure by the patients far exceeding the cost of building a sanatorium.

Backing Survey with "Movies"

In connection with a house-to-house survey of Richmond, Va., by districts, the Richmond Anti-Tuberculosis Association is using the magic lure of "free movies" to stir up interest and draw crowds to the association's scheduled lectures. The films offered are "The Lone Game" and "The Price of Human Lives," both furnished by the National Association.

Showing Them in Missouri

Missouri had three out of ten men rejected in the draft because of physical defect or health impairment. This smarted at the time. More recently with four exceptionally good health bills before the legislature the draft record was recalled and used as a "reminder" by the Missouri Association for the Relief and Control of Tuberculosis in a circular letter campaign to secure support for the bills.

It was pointed out to the recipient of each letter that team work in influencing his state Senator or Representative to further the passage of the health bill would mean the telling of a different story later on than was told at the time of examinations for the National Army. Among the bills one provides for the physical examination and training of school children and another which would make possible the transfer of the Jasper County Tuberculosis Hospital to the State's use.

Anti-Spitting Ads Aid Campaign

If the sidewalks of Tulsa, Oklahoma, are not entirely spotless today it is not the fault of the Tulsa Anti-Tuberculosis Association which conducted, in April, an anti-spitting campaign with all the vigor of a Liberty Loan drive.

Splendid and profuse newspaper publicity was reinforced by the use of regular display advertising in the daily press. Public spirited Tulsans were induced to contribute paid space for these ads in which the arrangement and style of the "copy" was forceful enough to sell breakfast food or any other commercial commodity. In connection with the anti-spitting campaign a great deal of educational material on behalf of the Association's free dispensary was gotten before the public together with strong pleas for memberships and financial support.

Keeping Tab on the Baby

The St. Louis Tuberculosis Society has struck another educational note by sending to each new baby's mother a letter of congratulation, a clever blue or pink "Baby Record," and an instructive folder on health guidance.

Copies of the pamphlets may be secured from the Society at 613 Locust St., St. Louis, Mo.

How to Get an Open Air School in Your Town

(A plan of procedure suggested by the Indiana Society for the Prevention of Tuberculosis which is co-operating with the Indiana State Board of Health in the open air school movement in that state.)

First, know the facts about your school children.

If you have school health inspection, study and analyze the physician's records.

Visit the schools; learn from the teachers and school records how many children are behind grade and how far; get the facts about absences through illness; find out how many children show inattention, marked listlessness and fatigue. Consult the visiting nurse, the Charity Organization Society, the Juvenile Court and similar organizations for facts about children.

If you have none of these organizations, get in touch with the State Anti-Tuberculosis, or the State Board of Health.

If you do not have medical inspection in your schools, get it started.

When you have secured your data and consulted books regarding open air schools, call your group together and make your plan.

Ask the school board for a teacher and school equipment; for suitable quarters in a regular school building or for a portable house, a remodeled house or a new building.

An average sized schoolroom, with tables and chairs or Moulthrop desks, in place of regular school seats, will serve for both class and rest room.

If possible, enlist the domestic science department for planning and serving meals. Ask the school board for two, three or four hours' service a week from the school physician and school nurse.

In many cities in the United States the Board of Education pays all expenses for full open air school regime, including clothing, cots, food and service; in thirty other cities the school board maintains open air classes where there is no modification of the regime.

Special Training for Nurses

As the result of effort on the part of the Rochester Tuberculosis Association a four weeks' preparation for community public health nursing has just been held in connection with the University of Rochester. The course was conducted from April 2d to the 30th, under the direction of Dr. B. R. Wakeman, Sanitary Supervisor, New York State Department of Health. Graduate nurses were prepared for work in rural districts in Monroe and other counties where positions were immediately available for those who completed the course with credit.

Illinois Health Week

With emphasis laid on the dollars and "sense" value of disease prevention Illinois has dedicated the week of May 11-17, as "Health Promotion Week" and gone a'gunning for germs. This week was set aside for the furtherance of health by joint resolution of the General Assembly which imposed upon the State Department of Health the duty of inaugurating the campaign. Dr. C. St. Clair Drake, director of the latter department in carrying out the letter and spirit of the resolution designated Walter D. Thurber, Executive Secretary of the Illinois Tuberculosis Association, as Director General of Health Promotion Week.

The movement for a state-wide campaign of this sort in Illinois was based largely on a business argument. It was pointed out that during the past year more than 24,000 people had died in the state from communicable diseases and that all told more than 83,000 cases of communicable diseases had been reported over the same period. The cost of these communicable and therefore preventable disease was estimated at $155,000,000. Added to this was the estimated cost of $197,600,000 due to the influenza and pneumonia epidemic making a grand cost of $352,600,000 for communicable diseases. The whole trend of the campaign as outlined is designed not only to stimulate the interest of mothers and educators in the prevention of disease, but to make the business men realize the importance of safeguarding the health not only of themselves and their employees but of the entire community.

The program for "Health Promotion Week" is as follows:

Sunday, May 11

Health Promotion and Disease Prevention talks in all churches by ministers and members of Health Promotion Week committees.

Monday, May 12

Community "Clean-up Day" in which all citizens are urged to take part.

Tuesday, May 13

"Swat the Fly" Day.

Wednesday, May 14

"Better Babies" Day with special headquarters for weighing, measuring and scoring all babies.

Thursday, May 15

"Medical Examination" Day.

Friday, May 16

"America's Future Citizens" Day. Special programs, exercises and talks on health in schoolrooms.

Saturday, May 17

"Pageant" Day with floats illustrating the prevention of disease and promotion of health.

The Framingham Demonstration

No. 10: Advice to Consumptives

By D. B. Armstrong, M.D., Executive Officer

These monthly articles in the Framingham series began in July, 1918

An important phase in the treatment of tuberculous patients is their education regarding their own physical care, and the precautions they should take to prevent giving the disease to others.

The Framingham staff in the beginning of the work made a careful study of pupular literature of this kind, and on a basis of what seemed to be the best leaflets and placards devised for patients, drew up a set of suggestions and instructions for patients in Framingham taking the treatment at home.

The leaflet used for this purpose in Framingham is reprinted in full below:

Advice
To Persons Having Consumption
(Tuberculosis)
"Pulmonary Tuberculosis
or
Consumption
is
Communicable, Preventable
and Curable"

Although you may have trouble in your lungs and be suffering from the disease called "tuberculosis," you may get well, as thousands of others have, by strict adherence to the following rules:

1. *Live in the fresh air as much as possible*

Spend at least eight hours every day out of doors, well wrapped up in a reclining chair, if the weather is cold.

Rest in the open air is of first importance while your disease is active. If you must live indoors, have a large sunny room and keep some or all of the windows open day and night.

Keep a soap stone or a hot water bottle at your feet, if they are cold. Never sleep or stay in a hot or close room, and don't be afraid of drafts or night air.

2. *Eat plenty of wholesome food*

Eat plain simple food—eggs, milk, meat, bread, macaroni, oatmeal, rice, vegetables, etc.

Take as much time as possible for your meals and chew your food thoroughly. It will aid digestion, if you drink a glass of hot water a half-hour before meals and at bed time. Sip your milk slowly.

Take your milk and eggs raw if possible, in the amounts ordered by your doctor. Remember that it is very important to have your bowels move freely every day.

If possible, have some hot liquid food before you get up in the morning and at bed time.

3. *Get a proper amount of sleep, rest, and exercise*

Go to bed early and sleep at least eight hours in a clean, well-aired room with the windows wide open. If possible, sleep out on a covered porch or balcony, or on the roof. A porch may be built on to the house at small expense.

Rest frequently during the day and lie down a few minutes before and after meals. Only walk and exercise as you are instructed by your doctor. If he prescribes the "rest cure" it must be followed out conscientiously, if the disease is to be headed off.

4. *Be careful about cough and expectoration*

Try not to cough. When you must cough, hold a piece of cloth or paper in front of your mouth, so that particles do not fly out into the room.

Do not swallow what you cough up, and protect your friends and neighbors from taking this disease from you by burning what you cough up. This may contain the germs of the disease, and if it dries, it soon becomes dust, flies about in the air, and carries the disease to those about you. You may also further infect yourself in this way.

Never spit upon the floor or sidewalks. This is very dangerous where children are playing or crawling about.

Do not spit into your handerchief, but use a spit-cloth, or have small pieces of cloth or soft paper to spit into. Do not put these into you pocket, but collect them in a paper bag and burn bag and all.

Do not let flies get at the spit cup, as they carry germs and deposit them on the food that is being prepared for use.

5. *Wear the right clothing*

Wear enough clothing to keep your body warm when you are resting outdoors. Do not wear chest protectors.

Keep your feet dry and warm, and wear overshoes in snowy or damp weather.

6. *Follow your doctor's advice and avoid patent medicines*

Do not waste your money on patent medicines or advertised cures for consumption. These are all "fakes." Go to your doctor, to the Health Station, or to the dispensary for advice.

Carefully obey your physician's instructions. You may improve steadily for months and lose it all by carelessness. Improvement doesn't mean cure; therefore, continue treatment as long as you are directed to do so. Report to your doctor or to the dispensary when directed. Report immediately if you have fever, indigestion, diarrhea, constipation, pain, increased cough, or reddish expectoration. If you are too ill to come, send word or telephone.

7. *Take the "cure" while you work*

If you must work try to get an occupation that will keep you out of doors. Do not work in a dusty place. Do not get overfatigued at your work. Get in the sunshine as often as you can.

Remember that the Community Health Station will help you in trying to find the right kind of work, if you should work at all, and if it is absolutely necessary.

8. *Be careful in your personal habits*

Keep clean. Take a warm bath at least once a week, and a sponge bath each morning, rubbing the skin well with a coarse towel. Consult your doctor before taking cold baths. Always wash your hands before eating, and always keep your mouth and teeth clean.

Carefully protect all bowel discharges from flies.

Have your knives, forks, spoons, drinking cups and dishes washed with boiling water.

Handkerchiefs and other things soiled by what you cough up should be boiled for some time before they are washed.

Avoid all bad habits. Do not kiss anyone. Do not drink alcoholic liquors or other intoxicants, and do not smoke, except on permission by your doctor.

9. *Be cheerful, patient and persistent*

Do not be impatient to get well. It will only retard you. Nothing worth having in this world ever comes quickly or easily, and a good cure is often a slow cure.

Remember that to no half-hearted or light minded seeker after health will healing come, and that the results are largely dependent upon the will power, intelligence, and patience of the patient. The doctor can show you the way but only you can walk in it.

Keep up your side of the partnership with the doctor honestly; remember that you must work hard as well as he; be in earnest; cultivate your will power; be cheerful; be hopeful; see the bright side, for good spirits is the best medicine.

10. *Protect your family and friends*

Consumption in your relatives and friends can be avoided, first, by the prevention of infection. This means that you must be careful, as pointed out above. Second, most cases of consumption at the very beginning could be detected and stopped by a *thorough medical examination.* Every well person should have a physical examination once a year to find out their exact condition. If other members of your family suspect that they have lung trouble, they should be examined now by their own doctor, or by a Health Station physician, and not wait until the symptoms are marked before having a physical examination. Many diseases besides lung diseases can be materially helped and often cured if taken in time. Regular physical exami-

nations are one of the best forms of insurance.

You must remember yourself that it is advisable for you to have a physical examination by your doctor once a month, at least, if you are taking home treatment. This examination should be oftener if there is any temperature, spitting of blood, or other marked symptoms.

Finally remember

That you can give your disease to others.

That infants and children are easily infected by the germs of tuberculosis, and that the disease is often caught from careless adults.

That you should destroy what you spit up by burning it.

That rest in bed in the fresh air is necessary when you first start taking treatment.

That alcohol and patent medicines do not cure tuberculosis, but make it worse.

That you should have regular examinations by your own physician or at the Health Station.

That you cannot get well without doing your part and following your physician's directions fully.

That those about you can best resist the infection by living properly and by preserving their general health and strength.

That a health examination annually, at least, for all well people, is a thing you should urge upon all with whom you come in contact.

NOTE.—*Several publications are now available at the Community Health Station and may be had at the rate of 5 cents a copy. Mail orders should be addressed to the Community Health Station, Framingham, Mass. These publications are as follows; Diagnostic Standards in Tuberculosis; Monograph No. 1, The Program; Monograph No. 2, The Sickness Census; Monograph No. 3, The Vital Statistics of Framingham; Monograph No. 4, Medical Examination Campaigns; Monograph No. 5, Tuberculosis Findings.*

Pennsylvania Program

Good progress has been made by the state society in Pennsylvania during the past year in placing the fight against tuberculosis on a strongly organized basis. As a consequence the state society and its affiliated branches are in a position to carry on a strong program with the funds available for 1919.

A year ago there were only two full-time paid secretaries employed in the state outside of Philadelphia and Pittsburgh. At the present time ten county and district societies have full-time paid secretaries. In addition many local organizations employ nurses on full or part time. Plans are being worked out for putting paid workers in at least three other counties in the near future.

Important centers of population and industry are the points where the organized strength has been most increased. It is anticipated that this will have a pronounced influence in stimulating activity in surrounding territory.

New Mexico Creates State Health Dept.

By JOHN TOMBS,

Executive Secretary, New Mexico Public Health Association

New Mexico has been heralded as the one remaining state in the Union without a state health department, but due to the success of the recent legislative campaign conducted by the New Mexico Public Health Association, this is no longer true. Adopting as its slogan, "New Mexico needs an adequately financed and efficiently managed state department of health," a line from a letter received from Philip P. Jacobs, Assistant Secretary of the National Tuberculosis Association, the New Mexico association early last autumn embarked upon a vigorous and sustained effort that has resulted in a law providing for the creation of a modern health department.

Starting with the assumption that New Mexico was a progressive state and wanted health protection, the association undertook to lay before the people of the state, beginning with the governor, the actualities of public health conditions and complete information as to what might be done toward improvement. To accomplish this, the aid of every national health and welfare agency possessing knowledge of New Mexico's health problems was solicited.

Inasmuch as no state records of vital statistics were available, and those kept by county clerks were for the most part incomplete, surveys had to be made, the chief of which was conducted by Surgeon John W. Kerr of the United States Public Health Service, loaned for the work by Surgeon-General Blue at the request of Ex-Governor W. E. Lindsey, who was in office when the campaign started. The facts gathered from this and other surveys conducted by the New Mexico Public Health Association, and officials of the Mountain Division of the American Red Cross, formed the basis for a comprehensive report issued by the United States Public Health Service and a series of short articles in tabloid form, which were printed and distributed by the Public Health Association. These reports were furnished to Ex-Governor Lindsey and his successor, to the members of both houses of the state legislature, to the public press, chambers of commerce, women's clubs, and similar bodies, and to a very large mailing list of interested and influential persons as well as to national health organizations, such as the National Tuberculosis Association, whose assistance in certain phases of the campaign was desired.

Innumerable personal letters were written and a series of educational articles appearing in almost all of the papers in the state, both daily and weekly, were prepared by the publicity department. These articles were translated and published in Spanish weekly papers. A speaking-tour was arranged, and the executive secretary traveled over a large part of the state giving talks to women's clubs, commercial organizations and other groups. These meetings resulted in the bombardment of the legislature with resolutions favoring the passage of the bill when it came up.

Posters, lantern slides, pamphlets and exhibits of various sorts were used to good advantage, not only to show the present state of public health in New Mexico but to bring home to the audiences the great advantage that might be expected from the establishment of a department of health. The new governor, Hon. A. O. Larrazolo, gave the movement great impetus by urging measures for the protection of public health both in his inaugural address and in his message to the legislature. Hon. Charles Springer, Chairman of the State Council of Defense, and other State officials also gave the measure hearty support.

At the height of the campaign and while the legislature was in session, a meeting of the Committee on Indigent Migratory Consumptives of the National Tuberculosis Association and the State tuberculosis secretaries of the Southwest was held in Santa Fé, the capital of the state, and a big public meeting arranged. This gathering, largely attended by Spanish Americans, was addressed by Governor Larrazolo, the Hon. H. O. Bursum, President of the New Mexico Public Health Association, and a number of distinguished citizens, as well as by several of the prominent members of the committee.

As the establishment of a department of health was an entirely new thing in New Mexico, the bill was introduced early in the session, for it was realized that many questions and much criticism would be aroused regarding its provisions. The wisdom of this method was borne out by the fact that the bill passed the House and Senate without a dissenting vote, a remarkable circumstance indicating the thoroughness of the preparatory work accomplished both before and during the session of the legislature. Gov. Larrazolo signed the bill on the last day of the session and as the emergency clause had been added, it became law at once.

Thus, New Mexico not only now has a health department, but thirty-five thousand dollars to make its work effective. Moreover, money up to twenty-five thousand dollars may be borrowed upon the credit of the state whenever an epidemic exists and the funds of the board of health are not sufficient to meet the emergency.

But the work is not over yet and the association has not stopped with securing the passage of the bill. The executive secretary was recently in the east conferring with the United States Public Health Service, the National Tuberculosis Association, and officials of the American Red Cross, enlisting their assistance and support for the new department.

How One County Society Succeeds in Financing Its Work

The Alameda County Tuberculosis Society with headquarters in Oakland, Calif., offers a good example of what may be accomplished through the combined efforts of public and private enterprise. The society was organized in February, 1909, by a few interested people who at once started a program of education using the public schools largely as a medium, being very fortunate in securing the co-operation of the school boards of practically all the communities in the county.

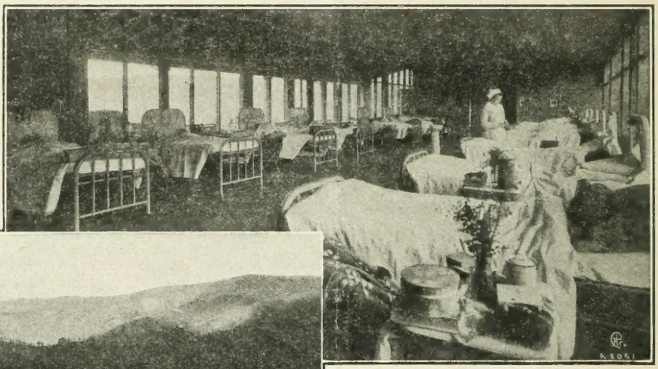
The second year was devoted largely to building up a subscribing membership with a view to establishing a tuberculosis clinic with the employment of a visiting nurse. The end of the second year saw the society with about 800 subscribing members, some of whom were contributing only $1.00 annually, and others as much as $5.00 annually, the gross income of the society being a little over $2,000 for the year.

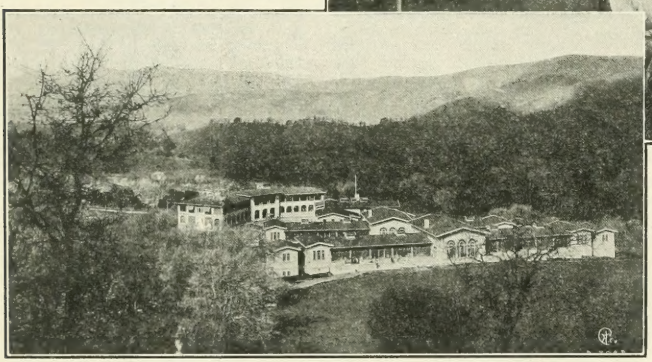
The third year witnessed the opening of a small tuberculosis dispensary in the city of Oakland, with one visiting nurse paid by the society and a staff of three physicians who volunteered their services for the clinic work. The dispensary immediately brought to light the great need for sanatorium care for patients of Alameda County. So the society's officers and executive committee immediately commenced to educate the county supervisors to the great need for some provision of this kind. Within three months they were successful in securing an appropriation of $12,000 for the construction of three large open-air pavilions of two wards each for the care of tuberculosis patients who had resided at least one year in the county of Alameda. Emergency care was always given to any tuberculosis patient found destitute in the county.

In 1912, the society employed a full time executive secretary and a campaign was launched to increase the number of subscribed members so that the activities could be enlarged upon. The county supervisors that year allowed an appropriation of $300 to the society to be expended in the medicines and clinic supplies for use in the small dispensary then in operation. The society renewed its educational campaign giving stereopticon lectures in the factories, school houses, and in the public parks in the evenings, often using a volunteer brass band as a means of gathering people together.

The clinic work brought forth the fact that the school children of the county were sorely in need of more attention and the school boards were appealed to, to employ school nurses with the result that eight school nurses were put to work immediately in the schools in the thickly populated sections of the county. As the open-air pavilions constructed by the county for the care of tuberculosis patients were soon filled to the capacity eighty-two beds, a need for relief work among the patients living at home soon became most evident in the large increase of patients coming to the tuberculosis clinics. The county supervisors were again appealed to by the society for more funds with which to support the society in its work of relief and prevention. The sum of $1,000 per annum was voted to the society on this request. The city of Oakland was then appealed to and the sum of $900 was appropriated for the specific purpose of employing a tuberculosis nurse for the city of Oakland. At this time the expenditures of the society amounted to $6,000 per annum.

Each year since that time the county has increased its appropriation to the society and each year the society has increased the amount raised through subscriptions until the year 1918 found the organization working with a budget of $18,000, $2,000 of which was contributed by the municipalities, $8,000 by the county of Alameda and $8,000 being raised by the society itself.





BIRD'S-EYE VIEW OF ALAMEDA COUNTY, CALIF., SANATORIUM
ABOVE—A CHEERFUL PAVILION INTERIOR

Many novel plans were employed by the society in raising funds for its work and in keeping before the public the need for an organization to devote its entire activities upon the tuberculosis problem. At a time when old newspapers brought as much as $30 per ton, a Newspaper Day was held, and seven freight cars full of papers were collected and the sum of $4,000 was realized from their sales. Following this campaign the society inaugurated a waste products campaign employing a man with a motor vehicle to collect waste products, which netted the organization the sum of $2,000.

Four years ago the campaign for tuberculosis sanatoria throughout the state of California was inaugurated and Alameda county was among the first to purchase a site of fifty-one acres and construct a modern tuberculosis sanitarium. The work of relief and prevention of the Alameda County Tuberculosis Society has been highly developed and for the past five years persistently and steadily carried into every corner of the county. The society now maintains two splendidly equipped tuberculosis clinics with a large staff. The best evidence that this society has been successful in its aims is the fact that the tuberculosis death-rate in Alameda county during the past four years has decreased notwithstanding the growth of the industrial population.